

STERN

UND
J
N
E
L

JANUARY 1979 VOLUME VIII, No. 1

50 c

Presenting The Living Light philosophy and
features of interest to spiritually-minded people.

 **Serenity**

 **Sentinel**

VOLUME VIII, No. 1

JANUARY 1979

Articles of Interest

THE LIGHTED PATH /Richard P. Goodwin2

Excerpts from the Classics

A WANDERER IN THE SPIRIT LANDS/Franchezza4
VIEWS OF OUR HEAVENLY HOME/Andrew Jackson Davis8
THE STRANGE STORY OF AHRINZIMAN/Silvani14
THE PENETRALIA/Andrew Jackson Davis18
A GUIDE TO MEDIUMSHIP/E. W. & M. H. Wallis.20
DISCOURSES FROM THE SPIRIT-WORLD/Rev. R. P. Wilson22
THE BLUE ISLAND/W. T. Stead37

Regular Features

VISITORS' VIEWS6
INVOCATION10
NEWS AND VIEWS.12
DICTIONARY OF THE LIVING LIGHT PHILOSOPHY16
SPIRITUAL HEALING27
SERENITY STUDENTS.31
IN OUR THOUGHTS.33
CHILDREN'S CORNER.35
FABLES FOR YOUNG AND OLD.38
POET'S PEN41
HUMOR43
SERENITY EVENTS.43

Published monthly by SERENITY, P. O. Box 137, Forest Knolls, CA 94933

Editorial Department: Richard P. Goodwin. Editor

Miriam Bostwick Ass't Editor Britt Toquinto Ass't Editor

Rates: 50 cents a copy, \$5.50 a year



The Lighted Path

by Richard P. Goodwin

Speaking with you today on the subject of *The Lighted Path*, I would like to review for a few moments the basic teachings of The Living Light philosophy, the philosophy of this church. This philosophy teaches that our denials in life become our destinies; that acceptance—Total Acceptance—is the Will of the Divine. So let us for a few moments examine our daily experiences in our life, for then we shall clearly see that as we dictate by our minds that we are without the things that we desire in life, we establish these very laws of denial. And therefore we continue on the path, the destiny, of our own limited minds.

We all know, for we have all experienced at some time here in our earth life, that there is something greater than what our minds have already offered to us. But to experience that something greater, we must make our own effort to

... as we dictate by our minds that we are without the things that we desire in life, we establish these very laws of denial. And... we continue on the path, the destiny, of our own limited minds.

rise above and beyond the dictates of our human mind. Our mind is likened to a programmed computer, and so

THE LIGHTED PATH

it experiences only what we feed into that computer by our own thoughts, by our own feelings. And so we are constantly in a process of judgment, constantly in a process of denying. And, therefore, we go on the treadmill, the so-called karma, of continuous experiences that we know that it is contrary to our true desire to be free from this old duality of creation.

When we say we have naught what we desire and we continue on in the mental realms of experience, we prove to ourself by our own thought, by our own belief, by the greatest power ever known in the universes, the power of faith, that we have naught. To say that we have and to experience the opposite causes us to falter, we think, in our faith. But, my good friends, our experiences are only in keeping with our faith. We have faith in the shortage of what we desire and, therefore, we experience the shortage of what we desire. But that same power called faith we can redirect at any moment that we choose to redirect it, but that's up to us. That is not up to what we call God. God is the sustaining power of the universe. God is not going to change your thought for God is already sustaining the

thought that you already have chosen. If you wish your life to change, then only you can change it. God will sustain the change that you choose to make, but God will not change it for you, for that is contrary, contrary to your very divine birthright of free choice.

*... our experiences are only
in keeping with our faith.*

In order to make these changes that we say we want to make, to improve our lives for the better, to experience the goodness that we know deep within us is our right, in order to do that we must accept the very basic teaching of all philosophies known in our world, the very basic teaching of personal responsibility. We must ask ourself, if we truly wish to awaken from this slumber, we must ask ourself,

*If you wish your life to
change, then only you can
change it. God will sustain
the change that you choose
to make, but God will not
change it for you, for that
is contrary, contrary to
your very divine birthright
of free choice.*

how often in the course of any given day do we say unto ourself, "I am responsible for
(continued page 5)

The Wanderer sets out on a mission in the "Kingdom of Hell."

A WANDERER *in the* SPIRIT LANDS

by Franchezzo

CHAPTER XVIII.

THE APPROACH TO HELL

Continued from last issue—

In these regions there are men who were amongst the greatest intellectual powers of their age, but whose awful careers of wickedness have sunk them to these spheres where they reign over all around them — even worse and more despotic tyrants now than they were upon earth. Beware, then, and heed all the warnings we have given you. From time to time you will receive help and encouragement from your sin-

cere friends until your mission shall have been accomplished and you return, let us hope, as a victor in a good cause. Adieu, dear friend, and may the blessings of the Great Father of all be with you."

I parted from Hassein with much regret and set forth with our band upon our journey. The last things we saw as we descended were the white robed figures of our friends outlined against the dark sky, waving to us their farewell.

PART III.

THE KINGDOM OF HELL

CHAPTER XIX. — THROUGH THE WALL OF FIRE

The companion who was assigned to me in this ex-

pedition was a spirit who had been in this sphere before, and

(continued page 30)

THE LIGHTED PATH

(continued from page 3)

this thought, I am responsible for this feeling, I am responsible for the world in which I live, and being responsible I and I alone can change my thought, I can change my life, I can change my feeling." Not until we accept the law of personal responsibility in our life, can we bring about the transformation of our life and enjoy the world that is here for us to enjoy.

The smallest of creatures, the birds, the animals, and the insects — we call it instinct within them — but they demonstrate the law of personal responsibility. All of creation with one exception demonstrates the full acceptance of personal responsibility. What happened to the animal called man? What happened in the evolution of that species on our planet that he and he alone demonstrates the direct opposite of natural law? That man alone dictates to the universe that he is exempt from the responsibilities of his own thoughts, his own feelings, his own acts and his own deeds. It is because man awakening to what is called free-choice, that man lives in an illusion of self-created thought. Because these thoughts that man alone has created are his children and no

one else's, it is very natural to his mind to protect that which he has judged is his. Therefore, the child, to the parent can do no wrong, if the parent is emotionally attached to the child. And so man, emotionally attached to his own thoughts and feelings permits those thoughts and feelings to cause his life to be restricted and limited. But that restriction and limitation is sustained and maintained by the great power, the same power that will free him, known as the power of faith. We demonstrate the great power of faith each and every moment of our life. We have the faith in whatever thought we are entertaining and sustaining over a period of time.

*... how often in the course
of any given day do we say
unto ourself, 'I am
responsible for this thought,
I am responsible for this
feeling. . . and being
responsible I and I alone
can change my thought. . .*

It takes this power of faith to support the judgments that we make each moment of our life. So why not direct this great power, which we are already using anyway, obviously, from our demonstrations, a negative way — why

(continued page 7)

Visitors' Views

"I enjoyed experiencing "spirituality" in a new way. The directness, lightness, humor and love that was expressed was a pleasure. Thank you."
—B. G.

* * * * *

"Well first of all I really am interested in these services, and next Sunday I'm going to be here early and every Sunday its amazing."

* * * * *

"Thank you. I absorbed most every message as many applied to me. Much love Serenity."
—T.L.

* * * * *

"I thoroughly enjoyed the experience of being here today. I felt I learned alot and raised my consciousness. Certainly my initial scepticism was overcome by the end of the service. Thank you." S.

"I was very reassured today, and so happy that a true friend brought me. I'm grateful for the message I received."
—D.

* * * * *

"I was tremendously impressed by the service. I was a scientist. I no longer practice it because I felt there was so much more to life. Thank you for the experience of your church."
—J. D. S.

* * * * *

"My deepest gratitude for allowing me to take part in your service. I felt very at home and so happy to be able to have someone look inside me and share my deepest thoughts and give me direction in such a positive way. Many thanks." —S.A.

* * * * *

"I was touched and inspired. I will return, from a sense of curiosity and of hope."—M.P.

THE LIGHTED PATH

continued from page 5

not direct this same power called faith in a positive way to bring about all the good that we are seeking? For it is natural for us to experience good for we are, our true being, the very principle of good. Being an inseparable part of the united whole, we are the God of which we speak. That God being that very principle of goodness.

Whenever we support in our mind thoughts that are obstructions to natural divine flow, then we are aware of restriction and limitation. But it is only our thought. It is not someone else's. It is ours. And because it is our thought, we can do something with it. When we dictate that we are in such a circumstance and condition because of something beyond our control, something beyond the power that is within us to transform, then in that moment do we become the victim and in that moment do we become the slave of circumstances, of something outside. The something outside, my friends, is only the veil of illusion. The veil that all of us on the lighted path must someday pierce.

We are moving slowly but surely in that direction. And as we move in that direction,

the world that we experience moves in that direction. Slowly but surely we are going home in consciousness, for that is where everything is — everything that we could possibly desire. Again and again, it has been stated, everything is right where we are.

... man, emotionally attached to his own thoughts and feelings permits those thoughts and feelings to cause his life to be restricted and limited. But that restriction and limitation is sustained and maintained by the great power, the same power that will free him, known as the power of faith.

And so in following that demonstrable truth that everything that we desire in life, and everything that we seek in life is right where we are, we must make the effort to ask ourselves, "Where am I? If everything I think I need is right where I am, then where am I?" That is the question, my friends, to ask each day. That is the question. When you feel a financial struggle, when you feel the health problems, and the plagues that beset your human mind, ask yourself in that moment, "Where am I?" And when you ask yourself that question, the

(continued page 9)

Why do you exert your mind to make the spiritual *unnatural*?

Views of Our Heavenly Home

by Andrew Jackson Davis

REALITY OF LIFE IN THE SUMMERLAND

Continued from last issue-

Swedenborg, laboring under the prepossessions of supernaturalism, although often a telescopic seer, but mainly and habitually an impressionist, and in contact with both worlds at the same time (which is impracticable), taught that time and space in the spiritual world *differed* from all human experience of them in this world. *Distances* after death, he said, were caused by dissimilarities in the life and affections; and time was longer or shorter, according to vital and affectional changes in the individual; thus annihilating both time and space, except so far as they are a part of subjective, not objective, appearance and experience. But in other respects Swedenborg recognized the perfect tangibility and

naturalness of the spirit-land. He even went so far as to perpetuate, beyond the grave, the individual's special earthly surrounding circumstances; also his habits and daily associations; so that, he affirms, many a man, after death, does not yet know that he is dead, but seems to be living on exactly as before. Thus Swedenborg, for thirty years, mingled the natural and the supernatural — the reasonable and the incomprehensible; because he undertook the impossible task of practically and constantly living in and reporting both worlds at the same time. This resulted, as such a mixture always must result, in projecting and interblending one world with the other.

The simple truth is always reasonable and sublime. And, concerning this question, the
(continued page 26)

THE LIGHTED PATH

continued from page 7

question to the mind presupposes and guarantees no less its answer—an answer will rise up into your conscious mind and you will be very surprised what that answer will be. For as you receive that answer from within your own being, you will find your mind is quickly changing for no one likes to be in those levels of consciousness. No one truly wants to give away the very precious gift of free choice, but each time we place the blame and the cause for anything in our experience, each time that we project outside the cause, we sacrifice our most precious gift of all, that precious gift of free choice.

We like to believe that we think for ourself. But unless we ask ourself more frequently "where we are," then we can be assured, my friends, we are not thinking very much for ourself. We are where we are in life because of the way we have thought in life. There is no law that dictates to us that we must think a certain way, only the law that we have

*... each time ... we project
outside the cause, we sacrifice
... that precious gift of
free choice.*

created. Those laws, of course,

are an effect of our inner needs to be needed, and to be wanted, to be liked. Each time we think and do anything for someone else, then we must put upon the brakes of reason, for we cannot grant to another what we have not first granted unto ourself. And this is why the Bible teaches, "O, physician, heal thyself." We must first qualify ourself. If we have granted unto ourself freedom, then we are qualified to be an instrument to demonstrate that freedom to others, for the demonstration is the revelation. To speak forth one thing in life and to manifest its opposite is an absolute guarantee of failure.

*We are where we are in life
because of the way we have
thought in life.*

If you have experienced failure in business, or in any area of your life, then take an honest look at the laws that you have set into motion. No man can speak forth one thing and demonstrate the other and experience success. Success is an effect; it is an effect of effort. It is a direct effect of consideration. If you are lacking in anything, if you think you are lacking in anything, then ask yourself in the very thing that you think you are

(continued page 11)

Invocation

*Thank you, God, for the
Law of Acceptance that frees*

us from ourselves.

Reading

The Living Light philosophy teaches that our denials in life are our destinies. And so it is as we review our life here on earth, we see that whenever we have denied or rejected responsibility for an experience, that we have had a repetition of the experience. Perhaps the repetitions involved new persons, places, or things, but objectively the experiences were identical. As long as we reject and deny responsibility for our experiences and continue to delude ourselves into believing that the cause of anything lies outside of ourselves, the experiences we have denied responsibility for become our destiny.

For example, if we deny our personal responsibility for failure in a personal relationship, business, society, or whatever, and place the responsibility upon someone or something outside of ourselves, then we bind ourselves to a repetition of the situation for we are not free to make the necessary changes within

ourselves which would affect the next situation. In other words, we really have lost our "free choice" to choose something better and are instead chained to a repeat performance.

Thus, it is only through acceptance of personal responsibility for our experiences that we are free to change ourselves within and thereby change our experiences without. There is no magic formula to use when the going gets tough in life. But this universal law of acceptance of personal responsibility can be used to understand the "whys" we have about our experiences and about life. And when used consistently on a moment-by-moment basis it will bring about the desired changes in our experiences. Its truth, infallibility, and universality can be demonstrated. Accept responsibility for all experiences, accept another's right to express as they wish, and then be free to accept something greater.

Benediction

May we accept our responsibilities in life knowing that

in truth we are accepting Thee.

THE LIGHTED PATH

continued from page 9

lacking, have you accepted personal responsibility? If you have truly accepted personal responsibility, then you will see you are not lacking at all. But if you have given your free-will, your free-choice, if you have given it to the realms of delusion that your joy in life and your happiness is dependent upon anything, then you are the servant, the slave and the victim of the very thing you have given that power to.

Spiritualism is not a popular religion in our world today. But many religions before Spiritualism were not popular religions in their day. When man grows a bit more and he takes that which is rightfully his and accepts responsibility for the taking, then Spiritualism, its philosophy and demonstration, will become more popular in the world.

When you tell a child that their experiences are the effect of their own thoughts — when they don't like their teachers and they don't like this and they don't like that — and you tell them that is their choice and if they wish to be miserable, continue to support that choice, then the child awakens and grows up to be a responsible adult in society.

When we look at the world of politics and we look at the world of finance, and we look at this material realm, we see an untold variety of thoughts and experiences. But in that seeing and in that viewing we have the birthright to choose that which we will permit our minds and our lives to experience.

When you want to change and the change involves another, remember, don't try to change the other for you are denying that which is rightfully yours — you are denying the responsibility and the power that is within you. Change you — and that that you wanted changed, it will grow or it will go. There is nothing that you have to do outside. If you are not happy in your marriage, change your thought concerning your marriage. If you are not happy in the job that you have in life, if

*To speak forth one thing in
life and to manifest its
opposite is an absolute
guarantee of failure.*

you are not happy with your business, change your thought and your business will change. For your business, your marriage, your job is an effect of your thought. It is not an effect of someone else's
(continued page 13)

NEWS and VIEWS

The Living Light philosophy teaches that it is our attitudes of mind that determine the experiences we encounter in life. It is the opinion of Christopher J. Hegarty, a former successful mutual fund salesman turned management consultant, that "there's a virtual epidemic of low self-esteem in the nation's executive suites — a situation that takes its toll not only on the individuals involved but on the success and productivity of business itself." Hundreds of corporations hire Hegarty to change their executives' attitudes toward themselves. Because many top executives are in their positions because of massive fear of failure rather than high self-esteem, Hegarty exposes the "macho myth of management" and its effects — disloyalty from those working for them, alienation from themselves, constant stress to keep what they have created, and loss of their families.

Self-esteem is defined by Hegarty as "how do I really feel about me — when I close my eyes and look deeply inside, how do I feel — do I accept me, or am I constantly putting me down?" To change executives' attitudes, Hegarty explains that the "goal of most leaders is to cause people to feel reverence for the leader" but "the goal of the exceptional leader is to cause people to feel reverence for themselves." He believes that "people have far more power and ability than they admit but as long as they don't admit to having it, they don't have to be responsible for something that isn't working in their lives." In the words of "the immortal bard" in the play Julius Caesar, "the fault, dear Brutus, is not in our stars, but in ourselves."

Thus, by changing our attitude about ourselves, by "thinking humble yet well of ourselves" (The Living Light), our experiences not only in the business world but in all areas of life change for the better. □

THE LIGHTED PATH

continued from page 11

thought, it is an effect of your thought, of your act and your deed. Therefore, it is your right to change it when you choose to do so. To give away this precious birthright is a sad experience. To give it to a partner in marriage, to give it to a business, and to give it to a job is a very sad, sad way. And I'm sure all of us will surely in the light of reason agree to that.

Let us take back that which we have so foolishly given out in errors of ignorance. Let us no longer cast our pearls before the swine, for in so doing the pearls are no longer pearls. It's up to us. You can search the universes over. You can believe in anything you choose to believe in. But remember, it is your faith that is doing the work. It is that power that is within you that is doing it. It is not someone else, it's not a church, it's not a religion, it is not a philosophy that is doing it—you, your attitude, your thought, and your effort is what is doing it. When we accept that demonstrable truth, our lives will indeed become more successful. More abundant good will flow through our universe, for abundant good is the demonstrable law, the natural law of life itself. The

meadows are not short of grass, nor are our forest short of trees, nor is the sky forever without clouds. Look all around you and see the constant multiplication of creation. It ever multiplies, it ever

The fertile soil is in the realm of total acceptance, the will of God. The barren soil is in the desert of denial, the human will. . . So choose wisely in which soil you will plant the seeds of your thought and you indeed will reap the harvest as you water it and you care for it.

increases. And that's what your thoughts do. They are seeds that you plant in fertile soil. They grow, and grow, and grow.

All we need to do is to choose what seeds we plant, but that choice must be a conscious choice — a daily choice. You may plant the seeds that bring you all the things your heart could possibly desire, but then you must care for the seed that you plant. And first, above all, you must plant the seed in fertile soil. What is the fertile soil of the mind? There are two types of soil in the human mind — the fertile soil and the barren soil. The fertile soil is in the realm of total acceptance, the

(continued page 24)

Ahrinziman again frees the King from an attack of convulsions.

The Strange Story *of*

by Anita Silvani

AHRINZIMAN

Continued from last issue—

When at last the patient had recovered, his own anxiety that I should not again leave him was so great that he made me the most flattering offers of every kind, for while he was annoyed at the escape of Al Zulid, he was not disposed to visit his anger upon one whose skill was so necessary to his own safety. I on my side felt almost constrained to accept his favors and remain with him, first because neither he nor I could hold ourselves responsible for that enmity between our parents in which we had no share, and secondly because however much I might and did recoil from any intercourse with the Queen, who I had no doubt was the murderer of my innocent mother, I hardly felt that I had a right in consequence to abandon the King to the terrible fate which I, more than any other, knew to be hanging over him. I could see that it only wanted an opportunity to enable the

black spirit to obtain complete possession of him, and I felt a certain professional interest in pitting my skill and knowledge against the powers of darkness arrayed against me. I perceived that it was no longer only the one dark obsessing spirit against whose attacks upon my patient I had to guard, but that behind him there gathered a horde of evil influences, who used the dark spirit as their weapon of active attack; beings whom Artemisia herself, in the hour when she had stooped to revenge and murder, had gathered about her, and whose influence was the heritage she gave her son.

To me there was a certain fierce pleasure in combating these dark beings, and beholding them retire baffled and subdued by the force of my own will. It was as though I alone defended a fortress from the assaults of many foes, and as each time I, and not they, conquered, I felt like a commander who has beaten

THE STRANGE STORY OF AHRINZIMAN

back the enemy.

Thus I had a double reason for remaining with the King. Gratitude, and certain affection for thus dependent upon me, were added to the desire to free him entirely from his dark and unseen foes.

In the first hurry of my arrival I had not noticed the Queen, although she was in her son's room, and on my taking charge of the patient she had retired to her own apartments, and now sent word that she desired an audience with me, a command which I obeyed with a mixture of curiosity and reluctance.

The Queen received me in her own private apartments, and as she was closely veiled I had no opportunity of seeing her face. As she signed to me to approach her I recognized the haughty gracefulness of gesture which had been described to me. I felt instinctively the power and determination of the woman's character. As a matter of course I bowed low to her, but I did so with a hauteur equal to her own, and the passionate anger which welled up in my heart at the sight of her, and the thought of my poor mother's fate, made it well nigh impossible for me to control my emotions sufficiently to answer her with respect. To

what she ascribed my manner I know not, but in her anxiety about her son, which was the one soft spot in her hard and proud nature, she did not pay much heed to it, but began to question me closely as to the causes of his illness and the remedies I could prescribe.

I answered her cautiously and briefly, and took care to leave the matter in as much mystery as before, while I assured her that in a short time I hoped to cure her son.

"If thou canst do that there is nothing thou shalt ask which shall not be granted unto thee. There is no height to which thine ambition can aspire which shall be too great for thee to attain. My son is to me the one green spot in the desert of my life, and on him who can preserve that son for me I will bestow the equivalent of a King's ransom," said the Queen in a voice of deep emotion.

"Nay, Queen Artemisia, it needs not that anyone should bribe me to give my best services unto the King," answered I haughtily, "I have done, and I will do, all that lies within the skill of mortal man, yet must we ever leave the issue to higher powers. Despair not though again the fit shall seize him, for each time it shall be with less

Dictionary of

The Living Light Philosophy



E *xperience* — You cannot experience what you are not placing your attention upon. Energy follows attention. All life is energy. All experience is attention.

H *earing* — To hear something is to hear it dependent upon your own censorship. (*See listen*)

H *ereafter* — To most of us hereafter means some dimension somewhere out in space, not related to the earth mundane world. But hereafter means exactly what it says — here, after we leave a physical body. For the mind, composed of mental substance, is not subject to the physical laws of this the earth planet. And so that that is important to us and that that we find filling our minds each day

with is what exists in our mental body. And that is the body that we express through when we leave this physical body. It does not change because of the transition from this physical world. It remains the same the moment after that it was the moment before.

L *isten* — To listen is to be free from that throne or judgment called censorship. To listen is to be awake with the faculty of wisdom fully expressing. (*See hearing*)

L *ord* means law, the law of the universe.

S *elf* is the combination of all of the patterns, attitudes of mind, desires, experiences, that we have so far had in evolution.

THE STRANGE STORY OF AHRINZIMAN

continued from page 15

strength I trust, and the interval shall be longer between."

"I shall trust my son to thee," said she, "but in order that thou shouldst not leave him even for a day, I would desire that thou take up thine abode within the Palace. Apartments suited to thine office, and to the rank that thou shalt hold, will be assigned to thee, and thou shalt bring thy family to dwell here, and to follow with thee when the King shall remove his court elsewhere. I have given orders that all means to transport thy family and thy household treasures shall be at thy immediate disposal, and I bid thee not to delay in sending

for them, since I must constrain thee to remain with the King henceforth. All that thou canst desire of wealth and treasure is already bestowed upon thee, and thou shalt find that Artemisia knows how to provide as a Queen should for those she desires to honor."

She then drew a costly ring from her finger and placed it upon mine in token of her favor, and though my flesh crept at her touch, as though a reptile had touched me, I could not refuse the gift, and had to conceal my feelings as best I could, since I was resolved to remain with her son and fight out the battle I waged on his behalf.

CHAPTER XX

MY VISION IN THE MIRROR

In accordance with the Queen's desires, no less than my own, I went to bring Zuleika and all my possessions to the magnificent apartments in the Palace which had been assigned to me. Zuleika and her family were much gratified by the splendid litter and train of servants and soldiers who were sent to conduct her. Had

she been a Princess she could not have been treated with greater honor, and while I flattered myself that all this pageant was intended as a mark of honor to myself, it was in a great degree due to the admiration which the King had conceived for my wife on the one occasion when he had seen her in the garden at Herat.

(continued page 19)

What may be said concerning martyrdom?

THE
P E N E T R A L I A

BEING HARMONIAL ANSWERS TO IMPORTANT QUESTIONS

Continued from last issue—

by Andrew Jackson Davis

QUESTIONS ON THE MARTYRDOM OF JESUS

How shall we apply this in justice to martyrs?

By magnifying the trials and sufferings of Joshua—who wrought but thirty-six months for humanity—we take away our sympathy from those who need (if they do not deserve) it more a thousand-fold.

Besides Joshua, are there not other martyrs?

The body of Joshua could not suffer more than those by his side; and his soul, being lifted by the consciousness of self-sacrifice to a principle, must have suffered less. There is such joy in right-doing! Shall we not think of Stephen, Peter, Paul; of the martyrs of Italy, Spain, Portugal; of the victims to the French revolution. The manly martyrs to science—Galileo, Tycho Brahe, Copernicus, Kepler—of the inventor, rapt in the idea of “Eureka,” insensible to

poverty and disease which set upon him like wolves upon their prey—shall we not think of these with justice?

Are there different phases of martyrdom?

Yes; there are others still—the artist, the musician, the needlewoman, the orphan, the deformed, the insane! What living martyrs, these! Open the history of individuals, and behold the martyrs to envy, to jealousy, to misunderstanding, to a bad temper, to a bad marriage, to wrongs unwritten, to evils not yet revealed! This spiritual martyrdom is not comparable with physical crucifixion. Many there are who carry about with them an inveterate foe to private peace and to public usefulness — some hateful habit or poisonous propensity — pursuing their conscience day and night; a perpetual martyrdom

(continued page 40)

THE STRANGE STORY OF AHRINZIMAN

continued from page 17

Had I had the slightest suspicion that he had ever seen her, I would have died a thousand deaths rather than have allowed her to come to me, but I was ignorant of his secret passion for her, and imagined that his sole thought in sending for her was to gratify me.

As for Zuleika herself, she was like one intoxicated with the grandeur of her position. She had always been ambitious, but her thoughts had never soared to a height such as this, and towards me, as the fortunate man who had raised her so high, she displayed a warmth of attachment which for the time was in all respects real, and I was raised to the seventh heaven of bliss by her many expressions of devotion.

Zuleika was, as I have already said, naturally reticent, and not given to that indulgence in gossip which is the bane of her sex, and I had therefore, in the hours of our love and confidence, confided to her much of my history. I now took the precaution to warn her against allowing Queen Artemisia to gain any knowledge concerning myself and my antecedents from her, telling her that for many reasons it would affect me, not only injuriously, but even cause me personal danger were

the Queen to learn more of my life than I had chosen to tell myself. I felt that Zuleika's own affection for me, and her own self-interest, would keep her from being betrayed into placing any confidence in the Queen, after my having thus warned her, and I knew that Zuleika was far too clever and too discreet to allow herself to be entrapped into telling what she desired to keep secret.

* * * * *

I was anxious to gain more knowledge concerning the best means of keeping the King in the satisfactory state of health which he had enjoyed since my return to him, and therefore bethought me of the parchments which I had buried in the vault in Jelal-ud-din's garden. The city was but a day's ride from Parsagherd, and I therefore resolved to go and bring some of them away with me.

Al Zulid had returned my horse to me secretly by a messenger who brought word that he was in safety in a Greek city in Asia Minor, where I should find word of him at any time I desired to seek him out.

I took with me a small box in which to carry back the
(continued page 21)

Precautions must be taken to protect mediums on the platform.

A Guide to Mediumship

and psychical unfoldment

E. W. & M. H. Wallis

CHAPTER V.

PRACTICAL ADVICE TO SENSITIVES

Continued from last issue—

Some Necessary Precautions.

As an illustration of the effect upon sensitives of unexpected disturbances, we may mention a recent experience at the usual weekly seance of a medium who is under development. While she was being controlled the fire had burnt hollow, and the coals fell together, causing a sudden illumination. The medium was very much affected, but with an effort the spirit was able to maintain its hold upon her. The husband of the medium placed a newspaper in front of the fire to shut off the light, but put it a little too near, so that in a few minutes the paper caught fire and burst into a big blaze. This second disturbance so affected the medium that the control was broken; she sank back in her chair in a fainting condition,

and it was some time before her consciousness was restored. The medium was laid upon a sofa and restoratives were applied. After some four or five minutes the spirit spoke through her a few words to the effect that the medium would recover soon, and that the spirit people were assisting to restore her. In about another five minutes the medium recovered consciousness, and felt little the worse except for some headache.

'Calling Up' the Spirits.

'I can call spirits from the vasty deep, but will they come?—aye, there's the rub.' Some very curious notions have got abroad in regard to spirits which it is necessary we should consider lest you should have adopted them, and the difficulty of your investigation and development be increased in consequence. One of the principals and most

THE STRANGE STORY OF AHRINZIMAN

continued from page 19

parchments, should I be so fortunate as to find them undisturbed, and mounted on my favorite horse I set out at a rapid pace for the city where Jelal-ud-din had dwelt.

I reached it at nightfall, and found that the house was much as I had left it, save for the dust and decay which had gathered there in the few years which had passed. The superstitious fears with which the magician's house was regarded, together with the mysterious disappearance of its owner, had served to preserve it from pillage, except as regarded the costly furniture and rich hangings. These had all been carried away, but the chemicals in the jars remained, and also the curiously preserved specimens of dead animals, etc., while the house itself was intact, and the secret hiding place beneath the fountain had not been discovered. The place was, indeed, avoided by everyone.

As time pressed I quickly took out those manuscripts which I saw would be of use, and closing the stone returned to the house. As I crossed the wilderness of a garden I thought I heard stealthy steps following me, and a sound as of some one sighing. I could see nothing, however, and concluded it must have been a

fancy. I entered the room where my former master had sat with me so often, and in which he had died, and having selected certain jars of chemicals which I packed up with the manuscripts in the box I had brought, I was about to leave, when I bethought me of the magic mirror which I usually carried about me, and curious to know how those I had left at Parsagherd were getting on during my absence, I drew it out to look into its dark surface. "Surely," thought I, "I shall see something in this room, whose whole atmosphere was saturated with our mystic studies. Surely if the dead master can return to his pupil from that dark bourne to which he was so unwillingly hurried, he will return in this room where we worked so long together." Scarcely had these thoughts passed through my mind when I saw the mist gather on the mirror's polished surface, and as it passed I saw two figures, a man in a rich dress whose back was towards me, but whose height and figure somewhat resembled my own, and a woman, whose head, when I first looked, rested upon the man's shoulder, while her arms twined around his neck, and her whole attitude was one of clinging affection.

(continued next issue)

All things bear the impress of the handiwork of the same Designer!

iscourses

from

The Spirit World

Dictated by Stephen Olin through Rev. R. P. Wilson, 1853

DISCOURSE IV.

THE NATURAL AND SPIRITUAL MAN

*"The first man is of the earth, earthy; the second man is Lord
from heaven"—Paul*

Continued from last issue—

All things in nature proclaim the existence of a Supreme Governor. Every fact, every truth, every principle, echoes the same universal voice. The smallest atom that is discoverable to the human eye by the greatest magnifying power, and the mightiest orb that moves in the realms of infinitude, alike proclaim their dependence upon a hidden cause. Thus all things proclaim a unity of origin. They all bear the impress of the handiwork of the same Designer; yet, notwithstanding the unity of all things proclaiming their origin from a first cause, there is everywhere discoverable a duality of

arrangement—a positive and a negative quality. If the magnifying glasses of human ingenuity and skill could discover the most attenuated atom, they would perceive the operation of this principle in producing the unity of that atom. It may be regarded as a law of Nature, that all things exist in conformity to the principle of *duality*.

This principle is nowhere better illustrated than in the human divine constitution. Man is a duality. The true illustration of man's nature will manifest the source of numerous errors, which find a resting-place in the theological opinions of mankind. Man is truly possessed of two natures

DISCOURSES FROM THE SPIRIT-WORLD

—the natural and spiritual, or the human and divine. These natures are not necessarily antagonistic. Where both are properly developed, a unity will be the result. But when either of these natures is undeveloped, discordant manifestations will be sure to follow. In the order of nature, or the process of the divine procedure in evolving the highest existence possible, the order is first the natural, then the spiritual. In the order of necessity also, the natural must first be produced. Unless physical existence is evolved, the spiritual could not be developed. Hence you will observe that there is a necessary connection between the lower and higher departments of life.

I said that unless there be a harmonious development of man's *whole* nature, disorder and confusion will be sure to follow. This is a matter of necessity. There is no law or power in the universe that can prevent it. Order must be restored, and harmony must reign, ere the human and divine elements can be restored to tranquillity.

I will now proceed first to present some of the effects resulting from the want of a proper state of natural and spiritual union. The natural or

physical nature of man is perfectly adapted to accomplish its original design, which is to individualize the spirit; or, in other words, to gather from all surrounding substances, the elements of the spiritual body, that it may be capable of receiving the divine efflux, viz., the interior and immortal spirit, which is the embodiment of the divine principle in an embryo state. Thus the entire physical nature, with all its powers and essences, becomes a polished lens, whereby the *Infinite Father* converges upon man his own nature and likeness. Thus the concentrated rays of all existence, from the earth beneath to the supernal heavens above, with all their essences and properties, with all their powers and aspirations, converge in man's interior nature, and man becomes a *microcosm*—a *little universe*.

A being thus exalted, and capable of the highest joys and most elevated conceptions, is also subject to vanity, by permitting the appetites of the earthly or physical nature to assume a preponderance over the higher or spiritual nature. If the physical nature be properly cultivated with reference to its ulterior designs, as before stated, there would be no inharmonies manifested.

(continued next issue)

THE LIGHTED PATH

continued from page 13

will of God. The barren soil is in the desert of denial, the human will. And so when you plant a seed, remember, you are planting it either in barren or fertile soil. So choose wisely in which soil you will plant the seeds of your thought and you indeed will reap the harvest as you water it and you care for it. And the years pass and you learn the beautiful soul faculty that wisdom lives in the realm of patience. Patience is the key word to experience the continuity of goodness in anyone's life. If you are patient and you have planted your thoughts, your seeds in fertile soil, you will live in that beautiful harvest forever, and ever, and ever in keeping with your own effort.

When you look at a tree—you purchase it for your home or your garden, and you see how beautiful it is — we all know it will only remain that way if someone, somewhere makes the effort. Well, we are the ones that chose the tree, we are the ones that are enjoying the tree, and so we must accept the responsibility of it or it won't stay beautiful very long. Well, that's the way our thoughts are. We oftentimes plant them and they are beautiful, and they do land in fertile soil of acceptance, but

then we get distracted with a multitude of other desires and we don't care for that little seed. And the day comes

*Patience is the key word
to experience the continuity
of goodness in anyone's life.*

that it dies, it transforms, and it passes on. Look at the desires of yesterday. Are they all in keeping with our desires of today? Is there any demonstration of continuity, of single purpose? Is there a life-line that we are working with? Do we have a goal in life? Do we really consciously, are we aware of our goal, or have we created so many goals that that word no longer is important in our life? Or, do we look back and say, "Well, if I hadn't made that mistake and that mistake, and the other mistake, then I would have what I want today?" That's fine, my friends, if you want to live in rejection and the pity of yesterday, if you wish, and it is your choice to live that way. Ofttimes when we're faced with the things we have done in life our mind is so quick to justify, "Well, that happened because of so-and-so and I did this because someone else did that." Remember, there is no way, there is no way that two wrongs can

(continued page 38)



DIVINE HEALING PRAYER

I accept that the Divine Healing Power
Is removing all obstructions
From my mind and body
And is restoring me to perfect
Health, wealth and happiness.
My heart is filled with gratitude
For the Divine Law of Acceptance
That is healing both present and absent ones
Who are in need of help.
Peace, the power that healeth,
Is guiding my thoughts, acts and deeds,
As God and I go hand in hand
Living a life of joyful abundance.



VIEWS OF OUR HEAVENLY HOME

continued from page 8

truth is, that, as to logical coherency, the Summerland is this rudimental Earth-land continued. But, being far more interior and infinitely more refined in every form and in each external particular, it follows that parts of it resemble Saturn's scenery more than ours; while other sections, unspeakably more perfect, exceed in harmony and loveliness anything known or imagined upon this or any other planet in the universe.

Nevertheless, as regards the questions of distance and duration, or space and time, all interior or metaphysical thinkers will concede that there is a special sense in which they are exclusively expressions of states and changes of the spiritual consciousness; even as there is a sense or a degree in which "whatever is, is right;" but inasmuch as you cannot conceive of the origin of something out of nothing, or the existence of effects without preexistent causes, or of a physical world of matter which is "no matter," but only a sensation or an illusion

of the mind; so you cannot conceive of "another world" *without its own appropriate* sceneries, continents, climates, societies, brotherhoods, religions, governments, and where the inhabitants can have no other sense of eternity than the flowings of "time," and no other sense of infinity than the successions of "space."

Concerning this problem of time and space and numbers in the spiritual world, I am moved to ask the reader's attention to the last chapter in the volume, "Death and the After-Life," wherein is an account (by J. Victor Wilson) of the great pear-shaped "Isle of Akropanamede," and also of the wondrous temple of antiquities called "Aggamede." The Isle is described as most beautiful, and as populated by the "Brotherhood of Plana de Alphos," whose members are engaged in greatest works of benevolence and art. There is a remarkable description given of the architectural form and dimensions of the temple. It reminded me of the great temple of Solomon; yet it is exceedingly unlike it.

(continued next issue)

Freedom without wisdom is the path to license.

—The Wise One

Spiritual Healing

by Howard Lazar*

As sure as we are never left without choice, we are never left without a method of healing ourselves. Some proven methods are playing music, dancing, drawing, painting, sculpturing, being near water, digging in soil. Add to the list walking — the uninterrupted placement of one foot before the other for a distance long enough to vitalize the circulatory and respiratory systems and to ventilate the “judgmental system” known as the mind.

A vast storage system, the mind houses detailed and not-so-detailed records of earth experiences which mature to an adulthood known as judgment or prejudice. The desire

to be free of the judgments leads us to seek a healing. It is a spiritual healing because the judgments, for a time, are set aside and the soul is allowed to express in peace.

A steady walk, whether it is through a rain forest or a parking lot, can, with the right attitude, promote a harmony of the muscles and organs. It develops its own rhythm, its own music, which allows us to follow. It is the peace of the rhythm which has the power to turn a crowded sidewalk into an open meadow. This foot-step-harmony can take us from our mind's tenements to our soul's country. We *can* go home again. It is a walk around the corner. □



*Editor's Note—The SENTINEL extends its appreciation to the many students of the Serenity concept of Spiritualism who contribute their articles to this magazine, sharing their understanding with our readers. Student articles are recognized by an asterisk.**

A GUIDE TO MEDIUMSHIP

continued from page 20

curious of these misconceptions is the prevailing idea that mediums 'call up' or 'bring' the spirits — as though the people of the other world were at their 'beck and call,' and were compelled to do their best.

This is not only an absurd but a dangerous idea, as it may lead to a variety of unpleasant experiences. Occultists sometimes assure us that the 'adept' occupies a superior position to that of the medium, for, they affirm, he can control the spirits; he can 'summon' them and compel them to do his bidding instead of being controlled by them. Let us suppose that this claim is not a mere empty assertion, but is based upon knowledge, what kind of spirits will serve, and consent to be enslaved by, the man thus despotically imposes his will upon them? We have been assured by one who claimed to know from personal experience, that only very undeveloped beings can be reached and employed by the occultist, and he is even then in constant danger, for, should he lose his power to subjugate them, they will inevitably turn upon him and exact a terrible retribution. Their influence, even when he is successful, is

likely to be demoralizing in its effect upon him, said our informant, and it is far better, therefore, to follow a healthy, rational, and spiritual course. You will be spared many trials and avoid many pitfalls if you recognize the humanity of the people of the other life. This implies that they have wills and ways of their own; that they can think, and plan, and perform along independent and original lines; and that no self-respecting spirit will consent to be a tool of, or an appendage to, a medium any more than the latter should submit to dictation from, or coercion by, the spirit who uses him.

When mediums talk about 'my spirits,' or 'my guides,' with an air of proprietorship, one is inclined to ask what manner of people their 'guides' are; just as the statement, 'My guides won't let me do so-and-so,' awakens one's scepticism or pity, or the fear that the sensitive, by overmuch confidence and credulity, has fallen into the hands of unscrupulous pretenders on the other side, or is self-deluded by his own egotistic desires for communion with some exalted 'authority.'

(continued next issue)

Serenity presents - - -
THE LIVING LIGHT PHILOSOPHY
CASSETTES

OVER 250 CLASSES, DISCOURSES

AND LECTURES

AVAILABLE TO CHOOSE FROM!

A *MUST* FOR THOSE SEARCHING

FOR AN UNDERSTANDING

TO *FREE THE SOUL*

FROM THE BONDAGE

OF THE MIND.

DEMONSTRABLE LAW IS GIVEN IN ITS

SIMPLE TRUTH.

A DESCRIPTIVE CASSETTE CATALOG
WITH DETAILS OF
THE SERENITY CASSETTE CLUB
IS YOURS FOR THE ASKING.

Write : **SERENITY**
P. O. Box 137
Forest Knolls, CA 94933

A WANDERER IN THE SPIRIT LANDS

continued from page 4

who was, therefore, well fitted to act as my guide on entering this Land of Horrors. After a short time we were to separate, he told me, and each to follow his own path—but at any time either of us could, if needful, summon the other to his aid in case of extremity.

As we drew near the great bank of smoke and flame I remarked to my companion upon the strangely material appearance they presented. I was accustomed in the spirit world to the realism and solidity of all our surroundings which mortals are apt to imagine must be of some ethereal and intangible nature, since they are not visible to ordinary eyesight,—still these thick clouds of smoke, these leaping tongues of flame, were contrary to what I had pictured Hell as being like. I had seen dark and dreary countries and unhappy spirits in my wanderings, but I had seen no flames, no fire of any sort, and I had totally disbelieved in material flames in a palpable form, and had deemed the fires of Hell to be merely a figure of speech to express a mental state. Many have taught that it is so, and that the torments of Hell are mental and subjective, not objective at all. I said some-

thing of this to my companion, and he replied:

“Both ideas are in a sense right. These flames and this smoke are created by the spiritual emanations of the unhappy beings who dwell within that fiery wall, and material as they seem to your eyes, opened to the sight of spiritual things, they would be invisible to a mortal’s sight, could one still in the body of flesh by any miracle visit this spot. They have, in fact, no earthly material in them, yet they are none the less material in the sense that all things earthly or spiritual are clothed in matter of some kind. The number and variety of degrees of solidity in matter are infinite, as without a certain covering of etherealized matter even spiritual buildings and spiritual bodies would be invisible to you, and these flames being the coarse emanations of these degraded spirits, possess for your eyes an appearance even more dense and solid than for the inhabitants themselves.”

My companion’s spirit name was “Faithful Friend,” a name given him in memory of his devotion to a friend who abused his friendship and finally betrayed him, and whom he had even then forgiven and helped in the hour

(continued page 32)

Serenity Students

by Michael Haerberle*

We are taught in **The Living Light** philosophy that there are no accidents in our lives, there are only experiences from which we learn valuable lessons. We must accept personal responsibility for all of our experiences and accept the truth that whatever happens to us is caused by us, and furthermore whatever happens to us is necessary for us.

When something happens to us we are told to ask the question, "Why this and why now?" In so doing, it is hoped that we will retrace our thoughts and acts leading up to a particular experience and find the cause. This is the only way we can free ourselves from our brain dictates and judgments, for in order to change what is happening to us, we must first change our

attitudes of mind.

Each and every one of our thoughts that we entertain goes out into the universe and creates a form, and the more energy we give a particular thought the stronger the form becomes until the day comes when we are no longer controlling the thought (or form) but the thought is controlling us.

Life is truly beautiful and was meant to be enjoyed. Everything we need to live a life of happiness is ours if we just accept it. We are the only ones who can make our lives miserable, by directing energy to self-thoughts and negativity. However, by taking this same energy and directing it to thoughts of goodness and peace, we can live a life of joyful abundance that is our divine right. □

Awareness is dependent upon the education of desire, not its need.

—*The Wise One*

A WANDERER IN THE SPIRIT LANDS

continued from page 30

when shame and humiliation overtook the betrayer, and when reproach and contempt or even revenge might have seemed amply justifiable to many minds. This truly noble spirit had been a man of by no means perfectly moral character in his earthly life, and had therefore passed at death into the lower spheres near the earth plane, but he had risen rapidly, and at the time I met him he was one of the Brotherhood in the second sphere, to which I had so recently been admitted and had been once before through the Kingdoms of Hell.

We now drew near what appeared like the crater of a vast volcano—ten thousand Vesuviuses in one! Above us the sky was black as night, and but for the lurid glare of the flames we should have been in total darkness. Now that we have reached the mass of fire I saw that it was like a fiery wall surrounding the country, through which all who sought to enter or leave it must pass.

"See now, Franchezzo," said Faithful Friend, "we are about to pass through this wall of fire, but do not let that alarm you, for so long as your courage and your will do not fail, and you exert all your will-power to repel these fiery

particles, they cannot come in actual contact with your body. Like the waters of the Red Sea they will fall apart on either side and we shall pass through unscathed.

"Were any one of weak will and timid soul to attempt this they would fail, and be driven back by the force of these flames which are propelled outwards by a current of strong will-force set in motion by the fierce and powerful beings who reign here, and who thus, as they imagine, protect themselves from intrusions from the higher spheres. To us, however, with our more spiritualized bodies, these flames and the walls and rocks you will find in this land, are no more impenetrable than is the solid material of earthly doors and walls, and as we can pass at will through them, so can we pass through these, which are none the less sufficiently solid to imprison the spirits who dwell in this country. The more ethereal a spirit is the less can it be bound by matter, and at the same time the less direct power can it have in the moving of matter, without the aid of the physical material supplied by the aura of certain mediums. Here, as on earth, we would, in order to move material substances, require to

(continued page 34)

In Our Thoughts

Brother
Bubba
Orville Cavender
Harry Claveri
Peter E. Fink
Francis M. Gelardi, Jr.
Isa Goodwin
Kathleen Graves
Scott Graves
The Hansen Family
Richard Hind
Shirley Houser

Jessie Jones
Jonquil
Elizabeth Kubat
The Lucas Family
Elfa Noble
Erick Othberg
Snowflake
Britta Uppstrom
Jack Willis
Esther Yavneh
Vera Youdavitch

*To send a helpful thought of joy and light to those you love
who have passed to the higher life, list their names in this column.
Donation of one dollar per name is requested.*

A WANDERER IN THE SPIRIT LANDS

continued from page 32

use the aura of some of the mediumistic spirits of this sphere. At the same time we shall find that our higher spiritual powers have become muffled, so to say, because in order to enter this sphere and make ourselves visible to its inhabitants, we have had to clothe ourselves in its conditions, and thus we are more liable to be affected by its temptations. Our lower natures will be appealed to in every form, and we shall have to direct our efforts to prevent them from again dominating us."

My friend now took my hand firmly in his and we "willed" ourselves to pass through the wall of fire. I confess that a momentary sense of fear passed over me as we began to enter it, but I felt we were "in for it," so exerting all my powers and concentrating my thoughts I soon found that we were floating through—the flames forming a fiery arch below and above us through which as through a tunnel we passed. Thinking of it now I should say it must have been about a quarter to half a mile thick, judging as one would by earthly measurements, but at the time I did not take sufficient note to be very exact, all my energies being directed

to the repelling of the fiery particles from myself.

As we emerged we found ourselves in a land of night. It might have seemed like the bottomless pit of desolation had we not stood upon solid enough ground, while above us was this canopy of black smoke. How far this country extended it was impossible to form any idea, since the heavy atmosphere like a black fog shut in our vision on every-side. I was told that it extended through the whole of this vast and dreadful sphere. In some parts there were great tumbled jagged mountains of black rocks, in others long and dreary wastes of desert plains, while yet others were mighty swamps of black oozing mud, full of the most noisome crawling creatures, slimy monsters, and hugh bats. Again there were dense black forests of gigantic, repulsive-looking trees, almost human in their power and tenacity, encircling and imprisoning those who ventured amongst them. Ere I left this awful land I had seen these and other dreadful regions, but truly neither I nor anyone else could ever really describe them in all their loathsomeness and foulness.

As we stood looking at this country my sight, gradually
(continued page 36)



Children's Corner



When I'm in gratitude I get more joy out of things.

Michael Field, Age 8

When you have a job you have a responsibility like when you do your chore's, or having commitments that you should keep because it is your responsibility's. Or when you have pets you have a responsibility to take care of them.

Lisa Toquinto, Age 10

If someone told you that you had to wear the color purple, you might like the color but someone else you know might not because in the past you could have had a bad experience so you might not want to wear the color purple.

Jaye Chillas, Age 14

Reason is beaing at peace and acpting things.

Jon Chillas, Age 12

When you make a judgement that you are to cold so then it returns to you and get colder.

Jaye Chillas, Age 14

The church has helped me to do things that I haven't done before and tells me a lot of things that I didn't know before. I've never been so close to God before because of my church.

Michael Field, Age 8

Goodness of life mean's that you aren't just happy in life because you get your desires fofilled but the goodness of life mean's that you lift your soul and be at peace.

Lisa Toquinto, Age 10

In keeping with Serenity's policy to encourage expression by all its students, this column contains the unedited articles submitted by the children attending our children's philosophy classes.—Editor

A WANDERER IN THE SPIRIT LANDS

continued from page 34

becoming used to the darkness, enabled me to perceive the surrounding objects dimly, and I saw that before us there was a highway marked by the passage of many spirit feet across the black plain on which we stood. A plain covered with dust and ashes, as though all the blighted hopes, the dead ashes of misused earthly lives had been scattered there.

* * * * *

We followed this highway, and in a short time arrived at a great archway of black stone hewn into large blocks and rudely piled one upon the other. An immense curtain of what I thought at first was black gauze hung before the gateway. On going nearer I saw to my horror that it was made from spirits' hair, with the eyes strung like beads upon it, and, most horrible of all, the eyes were alive and seemed to look at us imploringly and follow our every movement as though striving

to read our intentions in coming there.

"Are these eyes endowed with life?" I asked.

"With soul life? no, but with the astral life, yes — and they will continue so to live while the souls to which they belonged continue in the spirit bodies or envelopes from which these eyes have been torn. This is one of the gates of Hell, and the custodian has a fancy to decorate it in this way with the eyes of his victims. In this place there are none who have not themselves been guilty during their earthly lives of the most awful cruelties, the most absolute defiance of the laws of mercy and justice. In coming here they are only intent upon finding fresh means to gratify their lust for cruelty, and thus they expose themselves to becoming in their turn the victims of beings no more ferocious than themselves, but stronger in will-power and cleverer in intellect.

(continued next issue)

*He who knows the weakness of another
and lays temptation at his feet
is as guilty as the one who is tempted.*

— The Wise One

Thought communication between two worlds is very real.

The Blue Island

EXPERIENCES OF A NEW ARRIVAL BEYOND THE VEIL

Communicated by W. T. Stead

Recorded by Pardoe Woodman & Estelle Stead

CHAPTER VIII — THE REALITY OF THOUGHT COMMUNICATION

Continued from last issue—

In this land we are much more sensitive than whilst on earth, and when thoughts are directed to us by people on your side, we have a direct call from those currents of thought thus generated, and we are practically always able to come in close contact with the person who is thinking of us; when near and acclimatized to his conditions we can impress thoughts and ideas upon his mind. He will seldom accept them for what they are, but will think they are his own normal thoughts or something of an hallucination. Nevertheless, if frequent opportunity is given he will be startled at the amount of information he can record. This applies to everyone, not merely to the believer in these subjects. Anyone who sits for a moment and allows his mind to dwell on some dear one

who has “died” will actually draw the spirit of that person to himself. He may be conscious or unconscious of the presence, but the presence is there.

If people on earth realized the result of their thoughts upon those to whom they refer, they would be very much more careful in giving their mind free play. There are so many thoughts possible, and all of them are registered here; many of them affect the people they concern, but all of them affect the people from whom they emanate.

Perhaps in telling you all thoughts are recorded I am making it more difficult for you to accept and understand. It will be better, therefore, to explain that by “all thoughts,” I refer only to all “direct” thoughts. In reality every thought is registered; the personal ones are, as I have

(continued page 42)

FABLES for young and old

THE PEACOCK & THE CRANE

The Peacock and the Crane happened to meet one day and the Peacock spread his beautiful tail, and minced around and looked with contempt at the Crane as though it were just an ordinary creature and not worthy of his proud notice.

The Crane didn't like this insolent, haughty behavior, so he said, just loudly enough for the Peacock to hear him, "Peacocks would be fine birds if

fine feathers could make them so, but it must be terrible not to be noble enough to fly up above the clouds." Then the Crane flapped his large, strong wings and sailed away, leaving the Peacock below not half so pleased with himself as he had been before.

The Point: *It is foolish to insult others because they are not like us. In many ways they may be much better than we are.*

THE LIGHTED PATH

continued from page 24

make a right in our life. So if you permit your mind to say that "I do this, and I do that because someone else did something else," you're not going to find any peace, and happiness and joy that way, for you didn't sell your birthright, you gave it away—freely. You've cast it to the swine. Those pearls, those precious gems that are yours, you threw away. And then you guaranteed the day when your feelings of hurt and the injustices that have been cast

upon you are unbearable. The injustices in life, friends, are what we judge them to be. We are responsible for our life. And if each and every one of us accept that demonstrable responsibility, we won't have to be so concerned about what is happening outside. We won't have to worry about what someone else did. Because we will be so active taking care of our own lives, about what we are doing, and enjoying life, we won't have to

(continued page 40)

The Living Light



This book contains the fundamentals of THE LIVING LIGHT philosophy, a demonstrable spiritual psychology based on the wisdom gleaned through centuries of experiences by the spirit teacher who is known simply as The Old Man. This highly illumined soul shares with us his understanding of the universal laws of life, which applied, enable us to consciously control our everyday living experiences.

THE LIVING LIGHT book is a compilation of discourses originally given to a small spiritual unfoldment class conducted by Richard P. Goodwin.

ORDER YOUR LIMITED EDITION COPY TODAY!

\$10.50 postpaid (plus 60 cents California State Sales Tax, where applicable.)

**SERENITY
P. O. Box 137
Forest Knolls, CA 94933**

THE PENETRALIA

continued from page 18

from which they may not escape. *Such nail themselves to the cross*, give up the ghost many times a year, and sweat great drops of agony when alone! These are self-crucified — upon whom good angels look, with tearful eyes and saving sympathies!

What is martyrdom usually a result of?

Martyrdom is the result of an individual *protest* against crime — of personal *rebuke* to ages of wrongs and mistakes; the forcible crucifixion of one imbued with the conviction that “resistance to Tyrants is obedience to God.” Viewed in the light of an individual protest, to a religion of forms and a government of policies, the crucifixion of the Son of Joseph and Mary is a glorious example of spiritual supre-

macy. Despotism drives in the earth a stake of iron. Ignorance chains a reformer to it, prejudice brings the fagots, Fanaticism kindles the flame, the State smiles approvingly, the Church makes a prayer, and the shell of an immortal being is burned to ashes! Poor disciples of Ignorance! little do they think that the martyr’s pile is “a chariot of fire” on which his soul rides into the kingdom of heaven! The Reformer’s grosser form, his spirit’s coverings, may be dissolved in the flame; but the Thought—the idea, the principle, for which he died—that lives after him. Nature hath ordained that children shall reap the harvest of error-seeds sown by their forefathers; and learn thus, perforce of a consequent necessity, to *till* and *plant* and *eat* with truth.

(continued next issue)

THE LIGHTED PATH

continued from page 38

worry so much. We won’t have to live in regret. We won’t have to live in self-pity. We won’t have to live in struggles of financial shortages. We

won’t have to worry about everything outside because we are taking care of the joy of living, the job that’s inside.

□

LITTLE THINGS

If any little word of mine
 May make a life the brighter,
 If any little song of mine
 May make a heart the lighter,
 God help me speak the little word
 And take my bit of singing,
 And drop it in some lonely vale
 To set the echoes ringing.
 If any little love of mine
 May make a life the sweeter,
 If any little care of mine
 May make a friend's the fleeter,
 If any little lift may ease
 The burden of another,
 God give me love, and care, and
 strength
 To help my toiling brother.

—Author Unknown

A SEED

If I were a seed
 All warm in the soft ground
 I would feel the pain
 When I pushed myself up through
 The earth, into the wind and rain.

But I would know
 That if I chose not to grow
 Then I would surely die
 Without seeing
 The blue, blue sky.

—Beverly Houser

THE BLUE ISLAND

continued from page 37

previously said, of no importance so long as they are not allowed to grow into destructive thoughts.

In speaking of direct thought I mean you to understand *positive* thoughts, about other people, pleasant or unpleasant, and not the thoughts of everyday trivialities.

Many people find it impossible to believe that every direct thought they have is registered, or that it can in any way influence or affect the person concerned, or return to influence themselves, but this is so.

You are fully aware of the influence given out by any one person who is deeply depressed or more than usually excited and happy. Each of you has felt this influence. This is, of course, caused by the lowered or raised mental vibrations, giving out particularly strong currents of either depression or happiness.

They are equally strong currents in themselves although they act differently upon the people with whom they come into contact. It is in this way that all direct thoughts act. Frequently the subject is not conscious of these thoughts upon himself, but the influence is there in a subtle and greater or lesser

degree of strength, and all these thoughts are very definitely registered in the mind of the thinker, long after the incident itself has passed.

When coming to this land, that whole record has to be dealt with. Not by a judge in wig and gown, but by our own spirit selves. In spirit life we have a full and clear remembrance of all these things and, according to the quality of these individual thoughts, so we are brought into a state of regret, happiness or unhappiness, despair or satisfaction. It is here that we meet with the desire to make return, to put right all the discomfort and distress, minor or major, as it may be, caused by thoughtless mind action whilst on earth.

This is why I say that whilst on earth it is not only advisable, but essential, to keep your minds under control and in order. It is only wisdom so to do. The difficulty is that people will not realize this whilst upon earth, although they know from their own inner consciousness that I am stating a truth.

I want you all to try and realize the results you are making, the unhappiness you are causing others, and the regret and sorrow you are laying up for yourselves in the next

(continued page 44)

✦ **humor is the salvation of the soul** ✦

Life is what happens to you while you are making other plans.

—Western Livestock

*Living Light Philosophy: Life is to be lived in the eternal moment
of now.*



SERENITY EVENTS

DINNER PARTY: SATURDAY, JANUARY 20, 1979—6:30 p.m.
American Legion Log Cabin, San Anselmo

All are cordially invited to attend our January dinner party featuring a French menu. Make your reservations now!

BAKE SALE: SATURDAY, JANUARY 27, 1979 — all day

The January bake sale will be held at the Downtown Shopping Center on Grant Avenue in Novato. Don't miss the wonderful freshly baked treats that will be on sale.

THE BLUE ISLAND

continued from page 42

world when you have to face the conditions you have made. Remember that your minds are the generating houses. You are building up whatever is to be your next condition, precisely and exactly by the lives you are leading on earth, by your thoughts and by the degree to which your body controls your mind instead of your mind ruling supreme. So long as you are upon earth you are Body (Physical) and Soul (mind) and Spirit (Self). When you come here you are Mind (Soul) and Self (Spirit) only. Therefore for your own future happiness it is essential that your Mind should rule during earth life. It is for you to say whether it shall do so. If you are willing to pay your bill when you come over, carry on as you are, but there is no further credit given, you *have* to settle it here. If you are a quarter as practical as you each and all think you

are, you will see to it that the mind leads. It can lead very delightfully, although you may think it leads only to religious restriction — it does not only lead there; it leads to all earth's pleasures, all earth's enjoyments, but it always holds the ruling hand, and can stop at the right time, whereas the body cannot, and so it runs up debts which have to be paid, and paid sometimes very dearly and bitterly.

Earth was made beautiful for man to enjoy — not merely to tantalize him — lead him on and then say "No!" That is not the way of our blessed Creator. He has given beauty and the faculty of enjoying beauty to all mankind, and so long as the mind rules it will continue to be beauty, but when only the body rules, influencing and degrading the mind as it will, then trouble lies ahead. Much trouble and much acute regret.

(continued next issue)



*Consideration is the light which guides God's love.
Without it, man is blind — bringing pleasure to one
and pain to another, guaranteeing the loss for himself.*

—The Wise One

